From The Merle Boyd Center

It's the holiday season! A time of food, festivities, fellowship and fun!

submitted by:
LaDona Johnson CHR Coordinator
Information from National Health Service

I trust you all had a Happy Thanksgiving. Christmas is just around the corner, if you're like me, you have lots to do and so little time to accomplish the tasks.

This month's article is dedicated to Christmas injuries. More than 80,000 people a year need hospital treatment for injuries such as falls, cuts and burns during the festive period.

The message this month is that the home should be as safe as necessary, rather than as safe as possible. With a little more care and forward planning, most accidents could be avoided.

Kitchen

Hot fat, boiling water and sharp knives make the kitchen one of the most dangerous places during the holiday. The Christmas meal is probably the biggest meal most families cook all year. It needs careful planning to avoid injuries.

Try to keep other people (especially children) out of the kitchen. Avoid alcohol until you've finished cooking, and wipe up spills as soon as they happen, so that people don't slip.

Presents

People often cut themselves with knives when they're opening presents too quickly. People also trip over toys and electric cables while rushing to try their new computers and other appliances. Take time to enjoy the moment. Clear up the packaging and wrapper paper as you go along.

Lights

Around 350 people a year are hurt by Christmas tree lights. Injuries include people falling while they're putting them up, children swallowing the bulbs, and people getting electric shocks and burns from faulty lights. Don't overload sockets, as that's a fire risk.

Decorations

About 1,000 people a year are hurt when decorating their homes. Children bite into glass objects and adults fall while using unstable chairs instead of ladders to put up streamers, or fall out of lofts while looking for decorations. Glass decorations should be placed out of the reach of toddlers and pets.

Candles

People are 50% more likely to die in a house fire over Christmas than at any other time of the year. Taking care with candles and oil burners is one way to help you and your family and friends avoid a Christmas fire. Never put candles on or near a Christmas tree. Never leave an open flame unattended. Always place tea lights inside an appropriate container.

Christmas plants

Misteltoe is poisonous. Its berries contain toxic proteins that slow the heart rate and can cause hallucinations. The orange berries of the Christmas cherry can cause stomach pains. The Christmas rose is so effective at causing diarrhea that it was used as a chemical weapon by the ancient Greeks. Keep plants out of the reach of children.

Stress

Christmas is one of the most stressful times of the year. The combination of drink, relatives, lack of sleep and the stress of Christmas shopping can be too much for some people.

Try to find some time alone, even if it's only to have a relaxing bath. Learn to say no to the demands of relatives. It's important not to suppress your emotions. Try to talk to someone you trust or a third party.

Indigestion and food poisoning

Food poisoning is always a worry at Christmas. Read the instructions on the turkey well. It takes hours to cook a turkey properly. If you don't, you could contract salmonella poisoning, which can be life-threatening for vulnerable people.

Studies reveal that, on average, we gain five pounds in weight during the Christmas period, so restrict the amount of chocolate, cakes and nuts you eat.

Alcohol

Apart from the risks to your own health, alcohol can be the chief mischief maker when it comes to accidents. It reduces your risk awareness. Alcohol can make people relax so much that they don't think about everyday risks. After a party, empty any alcohol out of glasses. Children are likely to drink the remains if they get up early to play with their toys. Never drink and drive.

Merry Christmas

Enjoy all the festivities and fun with your family. Take care of yourself, your family and friends. May the Creator keep you safe as you travel. From my place to yours, I wish you all a very Merry Christmas and a prosperous New Year!

MERLE W. BOYD CENTER EXERCISE FACILITY

Anthony Ramirez

One month after starting exercise classes back up at the Merle W. Boyd Center, a core group of regulars have emerged, if you aren't one of them, it isn't too late to start coming and enjoying a good workout with benefits that will last a lifetime. We have been averaging 4-6 people every Tuesday and Thursday night, and have had positive feedback about weight change, endurance, and also increasing working out habits. Monday and Wednesday afternoons when we have been staying open until 6, at least two people have utilized the extra hours each day.

The exercise room has gone through a major makeover, so come and see! There are new machines, new flooring, new weights, and new classes that use all of these.

Monday and Wednesday during the lunch hours we have been working core and cardio for the half hour allotted, and even coming to one of these classes a week is better than none!

Tuesday and Thursday lunch hours are a relaxing yoga class that increases flexibility and also increases relaxedness for the remainder of the day. Make it a goal to come to at least one class a week or exercise once a week more than you are now, and by Christmas time and the new year roll around, you will be just that much healthier.

Effective November 1, 2012

Merle Boyd Center Exercise Facility
Will be Open
Until 6:00 p.m. on Mondays and Wednesdays
Must have referral from
Black Hawk Health Center *to use exercise room*

Holiday season is upon us, as we celebrate these times with family and friends, don't think you are too busy to get into the gym. With the Merle W. Boyd Center now open until 6 pm Monday and Wednesdays, just come right over after work and still have enough time to get home early and have an early meal before bed. On Tuesday and Thursday evenings at 5 anyone can come join us in the gym for a cardio full, and core tightening class that will help kick start your new year's resolution and goals. It is in your hands to make the most out of the upcoming times, bring your friends and family and work for a healthier future starting today!

If you are unable to come to any after work times, we do have lunch hour classes too; Core focus on Monday and Wednesday along with yoga on Tuesday and Thursday. If none of these fit your schedule though, there is plenty you can do in the comfort of your own home, don't believe me? Just email or call and ask, and I will give you some fun and good workouts that are sure to target areas you want toned or affected. Anthony.Ramirez@ihs.gov and at extension 205.

Activity Description for Classes

C.A.P.S. is a "go at your own pace" class directed to engage all parts of your body. Keeping your muscles hot and your core working so optimal achievements will be gained through a combination of cardiovascular and muscle endurance exercises. We integrate running and walking with pilates/aerobics/and certain moves designed to target the core muscles like you have never done before.

Yoga increases flexibility while building strength and stamina through various movements and poses. The main focus in yoga is to blend the philosophies of physical and mental conditioning through stretching and relaxation. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain.

Lunch Tone is designed to focus solely on the core and stomach while bringing in cardio to help with fat burn and toning in the limited time you have on your lunch hour.

You Pick Fridays is your opportunity as individuals or as a group to pick whatever activity it is that you want to do. Whether it is a workout DVD, a dance game on the Kinect, going for a walk or jog as a class, or a strength training class. Your vote makes a difference.

Baked BBQ Chicken Wings

by Brittany Crawford, Registered Dietitian

Ingredients
1 lb chicken wings
1 cup low sodium barbecue sauce

Preparation
1. Preheat oven to 350°F.
2. Simmer chicken in boiling water for 8 minutes. Remove and pat dry. Place wings in a medium bowl
3. Add barbecue sauce to the bowl, and toss to coat well.
4. Place in baking pan and bake for 30 minutes.

DECEMBER 2012
Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:15 - Lunch Tone 12:15 - Lunch Tone	4 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	5 11:15 - Lunch Tone 12:15 - Lunch Tone	6 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	7 11:15 - You Pick! 12:15 - You Pick!
10 11:15 - Lunch Tone 12:15 - Lunch Tone	11 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	12 11:15 - Lunch Tone 12:15 - Lunch Tone 12 Healthy Cooking	13 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	14 11:15 - You Pick! 12:15 - You Pick!
17 11:15 - Lunch Tone 12:15 - Lunch Tone	18 11:15 - YOGA 12:15 - YOGA 5:00 - 5:45 C.A.P.S.	19 11:15 - Lunch Tone 12:15 - Lunch Tone	20 Closed for In-service Training from 12:00 - 4:30 5:00 - 5:45 C.A.P.S.	21 11:15 - You Pick! 12:15 - You Pick!
24 CLOSED	25 CLOSED	26 CLOSED	27 11:15 - YOGA 12:15 - YOGA	28
31 11:15 - Lunch Tone 12:15 - Lunch Tone	MONDAY AND WEDNESDAY OPEN TIL 6 PM!! 11:15 and 12:15 LUNCH TONE in Merle W. Boyd Center during lunch hour. ---REFERAL REQUIRED 5:00 - 5:45 C.A.P.S. in the Gymnasium --- NO REFERAL REQUIRED			

JULY 2013 HEALTH FAIR T-SHIRT DESIGN CONTEST